

Meetings

NAIOP plans late winter programs

The National Association of Industrial and Office Properties has scheduled two meetings for the coming months. At 8 a.m. Tuesday, Feb. 19 the group will host a program on green development. The event will take place at the Country Club of Rochester. The next program concerns industrial development agencies and will be held at 4 p.m. Tuesday, March 18 at the Niagara Falls Convention Center. There will be a panel discussion with experts from several local IDAs. For more information on the programs, visit www.naiop.org or call (585) 249-9232.

Buffalo's First to hold meeting at Millennium

Buffalo's First will hold its weekly meeting from 7 to 8:30 a.m. Friday, Feb. 1 at the Airport Millennium Hotel, 2040 Walden Ave, Cheektowaga, next to the Walden Galleria Mall. Attorney Tim Collins will discuss cross border work relationships. Visitors are welcome. For more information, call Terry Keith, Buffalo First chapter president, at 634-0322.

Buffalo State offers free tax preparation

As a member of the Free Tax Preparation Network, Buffalo State College is offering free tax preparation to students, community members and families of Erie County earning less than \$40,000 per year. From Jan. 26 through April 15, 2008, fully trained preparers will be in Buffalo State's Bulger Communications Building 400 Lab at 1300 Elmwood Ave. Hours are 5 p.m. to 8 p.m. Tuesday through Thursday, and 9 a.m. to noon on Saturdays. Preparers ask that individuals who want to have their taxes prepared bring photo identification, Social Security cards, wage and earning statements and, if available, a copy of last year's federal and state returns. Individuals without these documents cannot be assisted. For more information about Buffalo State's free tax preparation, contact Theresa Calvin, Continuing Professional Studies, at 878-5205.

Doctor focuses on weight loss issues, offers alternative plans

by **JESSICA L. FINCH**
Amherst Associate Editor

Dr. Fanwei Meng is approaching weight loss unlike anyone in Western New York has done before.

He said his practice, Medical Weight Loss and Healthcare of Western New York, is the only office to focus on weight loss.

"Being overweight is an epidemic in this area," said Meng, who opened his practice last year. "Unfortunately there was no single medical physician to focus on that."

Originally from China, Meng studied at the University of Texas Southwestern and the University at Buffalo, where he studied internal medicine. He also traveled around the world, learning new medical approaches to weight loss.

He said there hasn't been a method developed that's proved effective for everyone, which is why he offers a variety.

The primary issue surrounding weight gain is people aren't told how to "treat" it. Meng said telling someone to eat less and exercise obviously isn't working.

"That doesn't work — if it did we wouldn't have obesity prob-



Dr. Fanwei Meng of Medical Weight Loss of WNY displays the far infrared sauna in his Transit Road office. Patients using the device can burn 300 calories in 30 minutes.

*Photo by Jim Smerecak
 Purchase color photos at www.BeeNews.com*

lems," he said.

He added that with some popular diets, people lack vital nutrients.

In his practice Meng prescribes diet pills that are more potent but safer than those found over the counter. He said with supervision they can help with successful weight loss and are Food and Drug Administration-approved.

He also uses holistic methods — herbal supplements, diet teas and a magnetic device that is

attached to the upper ear. Meng said the nerves in an ear are very sensitive and work as a "body switch." When used correctly it has proved to suppress appetites, he said.

With the aid of a pharmacy, he developed his own nutritional supplement recipe, which is stocked at the office. One of the active ingredients is green tea.

In his office there is a far infrared sauna that can burn off 300 calories in 30 minutes while the

patient just sits in the small boxed area.

Before Meng can prescribe a treatment plan he said tests are done to determine why someone is dealing with weight issues. It's not always overeating and lack of exercising; there are underlying medical conditions that can cause the problem.

He tests the metabolism, through a ReeVue Indirect Calorimetry machine, made by KORR Medical Technologies. The patient blows into a tube that is connected to the machine. The test measures the oxygen that the body consumes, which can determine how many calories the person burns doing nothing or by moderate exercise. It can also tell the patient how many calories can be taken in each day to maintain weight and how many to lose weight.

Prescriptions are available to suppress the appetite and to boost energy levels.

Meng is also a dietician and primary care physician. He is accepting new patients and has evening and Saturday hours.

The office is located at 8770 Transit Road, Suite 2, north of Klein Road. Call 689-SLIM (7546).

Bring the Traveling Vineyard to a social gathering

by **JESSICA L. FINCH**
Associate Editor

Are your cupboards full of storage containers and cooking gadgets? Your end tables decorated with enough candles? The scrapbooks complete?

Then a wine tasting party is the next event you should host. Williamsville resident Rachel Nudelman, a consultant with Traveling Vineyard, "turns your living room into a tasting room."

Serving some of the most rare blends from various regions of the world, Nudelman offers tastings of five wines, a mix of white and red varieties.

The wines are made at "boutique wineries," and produced in small quantities. Traveling Vineyard purchases a boutique's stock, giving the company exclusive access to those particular flavors. Boutique wineries produce fewer than a 1,000 cases per year.

"All of the wines we bring to sample aren't found in stores," Nudelman said.

Tasters at the parties rate the wines and can order bottles of their favorites, which will be delivered to their home by Traveling Vineyard. Prices range from \$8.99 to \$20 per bottle.

Nudelman also offers tips when wine tasting and selecting.

"The best way to describe it is like a Tupperware or purse party," she said. "I come in with the wine and all the accessories, even the glasses."

Nudelman joined the company when she was living in Florida and has started hosting parties in Western New York.

Nudelman said these types of parties are new to the area, but interest in wine has been growing nationwide.

In 2002, Traveling Vineyard was founded by Geerlings and Wade. A team of traveling wine consultants were trained to provide in-home wine tasting events to consumers.

For information on the company, visit www.myttv.com. Contact Nudelman about a party at, floridawinelady@yahoo.com or at 850-276-9316.



Rachel Nudelman, a consultant for Traveling Vineyard, displays the wines currently being marketed tasting parties. The idea is similar to a Tupperware party, but with wine.

*Photo by Joe Eberle
 Purchase color photos at www.BeeNews.com*

Business News

Brenda Alesii of Williamsville has been named to the board of directors for the Pregnant with Cancer Network. She is a sales and marketing representative at Entercom Radio in Buffalo and has her own consulting company, Brenda Alesii Communications,

focusing on public relations, media training and company branding. Her sister, Norma Alesii, passed away from breast cancer in 1999. Norma's battle inspired Alesii to serve on breast cancer-related boards and is the impetus for her participation in the

Pregnant With Cancer Network.

Linda Morgan, a housekeeper for the Beechwood Homes, with locations in Amherst, was awarded the New York Association of Homes and Services for the Aging's 2007 Long Term Care Employee of Distinction Award. The

award acknowledges the efforts of the staff, working in the association's member organizations, who have demonstrated a willingness to make personal sacrifices to improve the lives of others. She has been employed by the company for 18 years.